

33 Health and illness

A How are you today?

I am very well, thanks. I'm fine, thanks.

I don't feel very well. I must go home and rest. (I'll probably be OK tomorrow.)

I feel ill. Can you get a doctor please. (Perhaps a serious problem.)

That fish was bad. I think I'm going to be sick! (I want to vomit.)

B Everyday problems

Have you got an aspirin? I've got a headache.



I've got toothache. I need to go to the dentist.



I'm going to bed with a hot drink. I've got a cold.



C Problems people have for many years / all their lives

I get hay-fever every summer, from flowers and grass. I sneeze all day.

My little brother has asthma;
sometimes he can't breathe.



D Illnesses in hot/tropical countries



In some countries, mosquitoes can give people malaria.

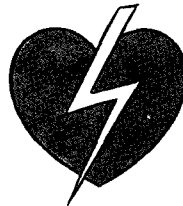
The drinking water was bad, and many children had cholera.

E Serious illnesses

My father had a heart attack.

He is in hospital.

Cancer kills many people who
smoke every year.



F How to keep fit and well

Have a good diet: eat lots of fruit and vegetables.

Get some exercise: swimming, jogging, cycling are good for you.

Don't have too much stress: relax after work, and don't panic about work!

Exercises

33.1 Put these health problems in the three columns. Do you think they are *not serious*, *more serious* or *very serious*?

cancer toothache cholera hay-fever a headache a heart attack a cold asthma

not serious

more serious

very serious

a headache

33.2 Complete the dialogues.

1 A: How are you today?

B:

A: Good!

2 A: Are you OK?

B: No,

A: Would you like to use the bathroom?

B: Yes, thank you.

3 A: I

B: Shall I call a doctor?

A: Yes, I think you should.

4 A:

B: Here's the phone number of the school's dentist.

A: Thanks.

5 A: Your nose is red. Have you got

B: Yes.

A: Have a hot drink and go to bed early.

33.3 Answer these questions for yourself. Use a dictionary if you have to.

1 What do you think is a good diet?

2 What sort of exercise do you like?

3 Do you have a lot of stress in your life?

4 Have you ever been in hospital?

33.4 What illnesses are connected with ...

1 a mosquito bite? *malaria*

2 bad drinking water?

3 pollution, traffic fumes?

4 grass, flowers, etc.?

5 smoking?